

COUNSELOR DIGEST

Official Newsletter of LHS School Counselors

**OFFICE HOURS: 9 AM - 11:30 AM
OR BY EMAIL**

S O S W E E K	Monday: healthy activities
	Tuesday: generosity day
	Wednesday: distance drip
	Thursday: mentor day
	Friday: positivity day

***Follow**

LASSITERSOURCESOFSTRENGTH
on Instagram for updates and prizes*

AP UPDATES

- PLEASE COPY AND PASTE THE FOLLOWING LINK TO FIND OUT ALL THE CHANGES COLLEGEBOARD HAS MADE TO AP EXAMS FOR THIS YEAR.

<https://apcentral.collegeboard.org/about-ap/news-changes/coronavirus-update>

STAY HAPPY & HEALTHY

- Project Happiness - <https://projecthappiness.org/>
- Three Good Things App
 - Studies show if you write down three good things a day, your happiness & positivity increase
- Calm App
 - Helps with breathing and plays nature or music sounds in the background



TUTOR ATL

- FREE homework help & expert tutors
- 9 AM - 11 PM
- Login - student number
- Password - birthday (month/day)



**TUTOR
ATL**

WE WANT TO SEE WHAT YOU'VE BEEN UP TO!

- Check out the School Counseling website to see what some of your teachers have been up to this past week.
- Email Mrs. Johnson - Lindsey.Johnson@cobbk12.org - with your name and any exciting news and/or appropriate pictures or selfies so we can update our slideshow to include you!



SENIORS

- FREE APPLICATION DAY, MONDAY MARCH 30TH AT 4:30 TO CHATT TECH - CHECK YOUR NAVIANCE FOR DIRECTIONS**
- New scholarship available for future Male UGA students - more information in Naviance scholarship tab
- University of South Alabama is waiving their application fee until May 1, 2020
- Email counselors to send transcripts - **FINAL TRANSCRIPTS WILL NOT BE READY UNTIL AFTER GRADUATION BUT YOU CAN EMAIL YOUR COUNSELOR WHERE YOU WANT IT TO BE SENT**
- Update colleges to "Accepted" in Naviance

PRINCETON REVIEW

- What You Need to Know: At Home AP Exams - <https://youtu.be/4T4c9FxmQs>
- Free ACT/SAT practice exams
- Register for FREE Webinars on SAT/ACT

FREE TIME?

YOUSCIENCE

- Want to see what kind of job involves your talents and interests?
- Contact your counselor for your access code to YouScience and get started!

NAVIANCE

- There are also plenty of inventories and tasks to do in your Naviance account.

